

2022



RMSA RULEBOOK

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ROCKY MOUNTAIN SCOTTISH ATHLETES

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A History of Decathlon Scoring

By Greg Bradshaw

In the late 1970's at the Rocky Mountain Highland Games in Golden, Colorado, we had an athlete who had a background in track & field weight events and in one of his first games, he almost won the overall (based on a the more limited 5-4-3-2-1 system commonly used in those days), but he could not even get the 60-pound qualifying caber turned. Since the caber event is the premier event, this bothered us at the time that we might crown an overall champion who couldn't turn a caber but built up enough points in the distance events to win. Since there was also a very strong emphasis on the athletes competing in all 7-9 events, we felt a scoring system based on how far or high an athlete threw each implement would be a fairer way to crown a champion.

After researching the decathlon scoring for track & field, most of the events were pretty easy to determine a factor. We started with the current world records (about 1980) and rounded off most of the factors for ease of scoring. The two events that were more difficult were the sheaf & caber.

The sheaf was interesting because with the old "push" method, we used a 6-foot fork to hoist the bag. So, in our initial method, we subtracted the length of the fork out and then figured the factor. In a full review after the first 8 years of results, we dropped the length of fork issue and re-factored the numbers. Part of the reason for this was the new method (the flick) introduced by Larry Satchwell, which took the length of the fork out of the equation.

The caber was obviously going to be the most difficult event to implement a scoring system for. In our region we had always used multiple cabers for each group – a qualifying caber first (if you turned it, you could attempt the next caber and so on).

Typically, 2 or 3 cabers per class were utilized. We originally did this because we had such a wide degree of ability within our typically amateur groups. We had both a men's group and a women's group. Multiple cabers are better for the crowds to witness more successful turns of the caber (that's what they come to see). At some games that use one caber, we've seen a group of 7 compete and out of 21 attempts with the one caber, we had one turn. That's not good for the crowd. We liken it running the sheaf toss or weight for height by putting the bar at a height where only the top competitors can get it over, then judging by seeing how close or how far over the bar the implement went on each of the three attempts.

We consulted with a physics teacher, describing the event and the caber. It was at his suggestion that the taper factor of the caber was going to be important. We already knew that if you had two cabers of equal weight and length, but one caber had no taper, it was going to

be much tougher to turn. In terms of physics, once you toss the caber, it will turn around its center of gravity. With a better (lower) taper factor, that point moves upward and the caber has more chance to turn before encountering an obstacle (the ground).

We had to first value any particular caber and then devise a way to deduct points if the toss was not 12:00. Our first attempt at valuing a caber was pretty dead on. We took the weight times the length times the taper factor (taper factor is figured by laying the caber across another caber and determining the balance point. If an 18' caber balanced at 8' from the fat end and 10' from the skinny end, then the taper factor was 8 divided by 10). Then we picked an arbitrary factor to bring the result into the 1000 points/event realm. The original factor was .6. This was later lowered to .55 in the 8th year review. We decided that if a competitor turned an 800-point caber at 12:00, he would get 800 points. Initially, for every minute less than 12:00, one point was deducted. The 8th year review adjusted this to .6 points for every minute (or 9 points for every 15 minutes; 36 points for an hour).

If a competitor didn't turn the initial (qualifying) or only caber, we had to determine a way to calculate some points from the side judging (degrees). We first deduct 3 hours of points (108 points) and then convert the degrees to a percentage (i.e., 70 degrees becomes 70%). We then took the points for a 9:00 or 3:00 turn ($800 - 108 = 692$ points) times the percentage (692 times 70%) and scored the 70-degree attempt on the 108-point caber at 485 points. Now, you may ask why we didn't use 70 divided by 90 (78%) for the percentage. We felt that not turning the caber successfully should hurt more than that. In other words, the difference between the 9:00 turn (692 points) and an 89-degree attempt should be more than 8 points. The method we used ended up using makes this difference 76 points.

The rest of the events were pretty straightforward, although the stone put can vary from competition to competition (due to different weights and whether it is Open or Braemar style). We took the current world records at that time and divided them into 1000 points, then rounded off the points/foot value to be easy to calculate. For instance, the 56# weight for distance calculated out to be 23.4 points/foot. We rounded this to 24 points/foot (it also worked out to 2 points/inch). We did this because we wanted to make it as easy as possible. We couldn't round off the hammer events though without making too big difference in the result. That is why we ended up with 6.67 & 8.23 points/foot for the light and heavy hammers.

I've mentioned a few times the 8th year review. I felt we had enough scores by then to reassess the system and we found two interesting things. Both the caber and sheaf were much more heavily weighted in the scores vs. the other 5 events. We adjusted both of those events to make all the events equal in weight. Once we settled on the values for each event, we decided to NOT adjust them each time a new world record was set. The bookkeeping would be horrendous and competitors would never get comfortable with how much each event was worth. Also, since we realized that each competitor could keep track of how well he/she was

doing in relationship to how they did at the last Games or the previous year, that even if he/she wasn't climbing in the standings, he would know if he was improving overall.

Also, we could then use this scoring to more closely match athletes in their respective classes. And an athlete from a different part of the country who might normally compete as a "B" in his home area, could be evaluated with this system to fit better in an out-of-area Games. We initially set up our classes so that you competed as a "C" until you consistently went over 500 points/event average. B's were from 500 to 625 and A's were from 625 to 750. Once an athlete consistently averaged over 750 points/event, the athlete was "encouraged" to turn Pro – but because of many other issues with turning Pro, this move was totally left up to the athlete. The moves from C to B and B to A were mandated by the RMSA. These break points could be adjusted as classes became better.

Another reason we left the event values alone was that we felt the overall score (even if it went over 1000 points/event average) was also a personal record in itself that could be bettered every year. And there is no reason why an athlete couldn't score over 1000 points in any event. We realize that the Olympic decathlon system is adjusted every so often, but we don't see a compelling reason to do so.

With the computer doing the scoring from the distances or heights entered, we also don't have to worry about the manual determination of places by judges (in the caber, WOB & sheaf only since the computer is able to perform the place determination in the distance events) which makes for less errors in the calculations for the overall places.

1. General Rules

- 1.1.** A Scottish Heavy Events competition is defined by at least five of the following events: Braemar, Open Stone, Heavy Weight for Distance, Light Weight for Distance, Heavy Hammer, Light Hammer, Caber, Sheaf, Weight for Height. If only five events are used, then there must be at least four dissimilar events with the following pairs being considered similar events: Braemar and Open stone, Heavy and Light Weights for distance, Heavy and Light Hammer.
- 1.2.** If an implement breaks during a competition and cannot be repaired or replaced with an equivalent implement then the round where the break occurred is scratched, and the round in which it broke should be started over with a new implement being used. If the judge determines that substituting a new implement will not affect the outcome, then a new implement will be used and the round continued where it left off.
- 1.3.** In the interest of safety, the judge has the right to disqualify any competitor who in their opinion does not have the ability to complete a throw without injuring themselves, other competitors or spectators. The judge also has the right to disqualify any competitor who displays poor sportsmanship.
- 1.4.** All competitors competing will wear a kilt during the competition. At the discretion of the AD this may be waived for a novice class.
- 1.5.** The judge may apply a time limit to each throw if he feels it is necessary. If the competitor does not begin the throw within this time limit the attempt will be a foul.
- 1.6.** In the event of a tie, the points for the places in question will be added together and divided evenly among the tied competitors. (Place point system only.) ex: a tie for 2nd between 4 competitors, each competitor would earn $(2\text{pts} + 3\text{pts} + 4\text{pts} + 5\text{pts}) / 4$ competitors = 3.5pts each.
- 1.7.** The winner of a distance event may take three extra throws to try to break a record, whether it be a Field Record, North American Record, or World Record. Extra throws taken for records will not count for points in the decathlon scoring system.
- 1.8.** Individual fingers or the thumb of the throwing hand may be taped but the fingers or thumb will not be taped together. No straps or other devices besides a glove will be used to aid the competitor in holding the implement. No footwear that may aid in increasing

the athlete's height will be used in the events thrown for height. It is the Judge's discretion to allow taped injuries.

- 1.9.** In order for a competitor to win or place in an overall competition, they must attempt to compete in all of the events. At the discretion of the Athletic Director, if the competitor does not attempt to compete in all the events, then they will not receive points or awards for the individual events or the overall competition.
- 1.10.** The points for an event are usually awarded in one of three ways: one point method with least points wins, one point method with most points wins, and the decathlon scoring systems. One point scoring method examples:

Place	Most Points Wins	Least Points Wins
1	6	1
2	5	2
3	4	3
4	3	4
5	2	5
6	1	6

- 1.11.** The decathlon scoring system is recommended. The decathlon scoring system uses a standard points/distance for each event. If the place method of scoring is used, to determine the overall champion the total amount of points accumulated throughout the competition will be added together and the competitor with the most or fewest points, whichever the case, will be declared the winner. If there is a tie for first place overall then the winner will be the competitor with the most first places in the individual events. If this does not produce a winner then the competitors will remain tied unless prior to the beginning of the competition the Athletic Director has determined another method for breaking a tie. All other overall places besides first will remain a tie.
- 1.12.** Measurements shall be recorded to the nearest .01' when using an engineer's tape for decathlon scoring, or after rounding the measurement down to the nearest 1/4" in all of the distance events.
- 1.13.** After each completed event, the competitor who threw first is now placed last in the throwing order in the next event and all other competitors move up one place. This is repeated after every event.

- 1.14.** When an American, North American, or World Record has been broken it is the responsibility of the Judge AND Athletic Director to verify that record. The record must be set within all rules for that event. The implement will be weighed on a certified scale and the weight will be equal to or more than the legal weight for that implement. In the case of the Weights for Distance, the Weight for Height, and the Hammer Throw, the overall length of the implement will be measured and the length will be equal to or less than the legal length of that implement. Measuring for records on height events by measuring with steel tape from the ground directly below to the center-top of the bar.
- 1.15.** American records must be set by a competitor with American citizenship and may be set anywhere in the world. Canadian records must be set a competitor with Canadian citizenship and may be set anywhere in the world. North American records must be set by a competitor with citizenship in North American and may be set anywhere in the world. World records may be set by any competitor anywhere in the world.
- 1.16.** Safety must be a paramount concern to all the organizers, judges, competitors, helpers, and spectators present at the competition. Precautions should be taken to protect these people. The throwing area shall be roped off to keep spectators off the athletic field. There should be some type of cage or backstop for the hammer throw and light weight for distance events.
- 1.17.** The order of events is recommended to be as follows: Stone Put(s), Weight Throw(s) for Distance, Hammer Throw(s), Caber Toss, Sheaf Toss and Weight for Height. If the competition is spread over two days, the events should be arranged so that there is equal heavy and light implements thrown on each day.
- 1.18.** If the judge has a doubt about calling a foul on a competitor, then no foul should be called.
- 1.19.** Prize money will only be given to professional competitors. Prize money will be determined by awarding money according to placing. Amateur competitors shall not receive prize money for the events listed above. Amateurs may receive compensation for travel expenses or any other events competed in such as a Challenge Caber or Farmer's Walk.
- 1.20.** Drug testing of any competitors is left to the discretion and capabilities of each Games being competed in. If a competitor is banned/suspended as a result of a drug test he will

not be allowed to compete until the ban/suspension is over. Bans/suspensions from other sports will be enforced. Competitors banned/suspended from another sport will not be allowed to compete in a Games.

2. Distance Events

2.1. General Rules for Distance Events

- 2.1.1. The trig is traditionally made of wood. The trig will be 4'6" long, nominally 6" tall, and at least nominally 4" to 6" wide. Every effort shall be made to secure the trig to the ground so that it will not move during the event if a competitor steps against it.
- 2.1.2. A backline will be drawn the appropriate distance (either 7'6" or 9'0") from and parallel to the trig.
- 2.1.3. Sideline dimensions should be spaced 4'-6" apart and are drawn from the edges of the trig to the backline.
- 2.1.4. Both the backline and sidelines define the fair part of the throwing area. Depending on how the lines are drawn the lines may be fair or foul.
- 2.1.5. The competitor will complete the throw under control as decided by the judge or the throw will be ruled a foul.
- 2.1.6. Each competitor will be allowed three throws in the competition, the farthest fair throw will count for that event.
- 2.1.7. With approval of the judge, the competitor may stop and restart during a throw (including setting the weight on the ground) as long as no foul has occurred. The competitor may even leave the throwing area before re-starting if allowed by the judge.
- 2.1.8. Each throw will be measured from a point on the inside-upper edge of the trig closest to where the competitor's plant foot (left foot for a right-handed competitor) landed to the nearest break in the ground made by the implement (not including the handle).
- 2.1.9. Ties will be broken by comparing the next farthest throw for each competitor involved in the tie. The competitor with the farthest of these throws will place highest. If other ties occur, then this process will repeat for all attempts taken.

2.1.10. A throw will count as a foul if the competitor touches the ground as defined in Figure 1. Trig, Top View or any surface of the trig other than the edge facing the throwing area. One of the competitor's feet must always remain in the throwing area either on the ground or in the space above the throwing area.

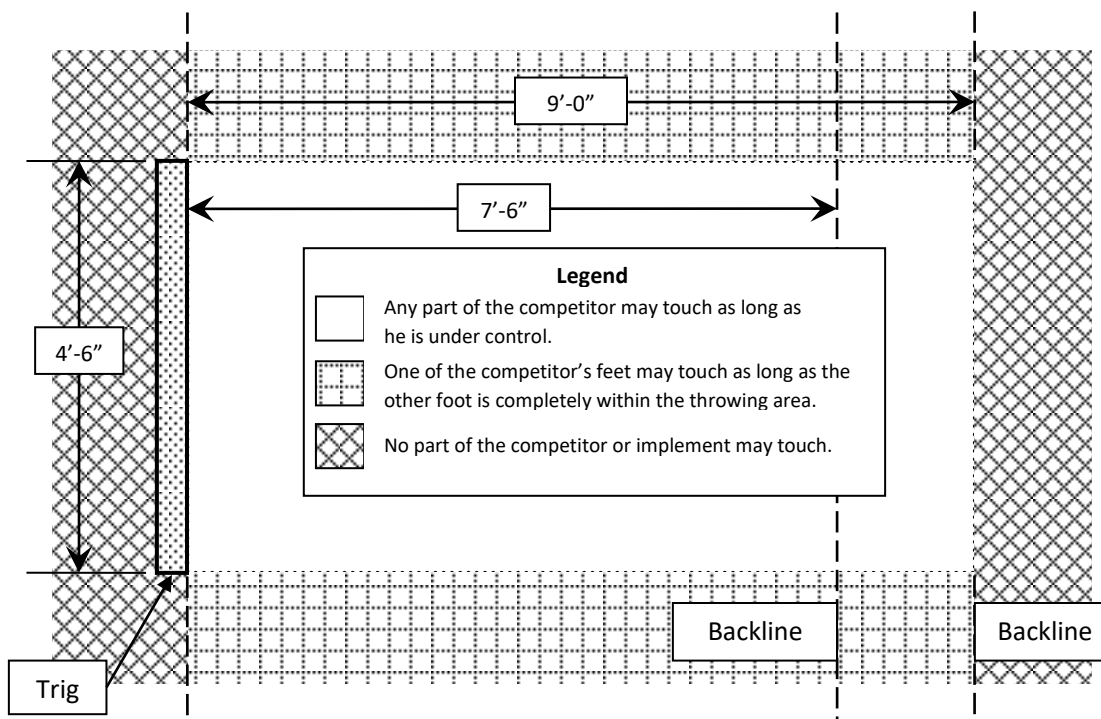


Figure 1. Trig, Top View

2.2. Stone Put * NCAA Track & Field Definition of a "put"

2.2.1. Braemar

- 2.2.1.1. There is no standard size or weight of the stone. See section 6.1.1 for Braemar Stone weights.
- 2.2.1.2. The stone must be PUT with one hand and with the stone remaining against the neck throughout the throw until the release.
- 2.2.1.3. A legal put must be made from the shoulder with one hand only so that, during the attempt, the shot does not drop behind or below the shoulder.
- 2.2.1.4. There is no approach on the trig allowed. The stone must be put from a standing position. Front foot may not leave the ground (Toe or heel must remain on the ground). Reversing the feet during the release is allowed.

2.2.2. **Open Stone**

- 2.2.2.1. There is no standard size or weight of the stone. See section 6.1.2 for Open Stone weights.
- 2.2.2.2. The stone must be PUT with one hand and with the stone remaining against the neck throughout the throw until the release.
- 2.2.2.3. Any throwing style may be used as long as the rules are followed and the style is deemed safe by the judge.
- 2.2.2.4. The backline will be drawn 7'-6" from the trig.
- 2.2.2.5. A legal put must be made from the shoulder with one hand only so that, during the attempt, the shot does not drop behind or below the shoulder.

2.3. **Weights For Distance (Heavy & Light)**

- 2.3.1. The total weight minimums will be at least as defined per weight table (See table X for Class specific weights)
- 2.3.2. The weight shall be thrown with one hand only.
- 2.3.3. The weight shall be made of metal but can be of various shapes and sizes including spherical, bullet or box shaped.
- 2.3.4. The handle can either be attached directly to the weight or attached with a length chain. The handle may also be of various shapes and thickness such as a ring, triangle or "D" shaped.
- 2.3.5. The implement shall not measure more than 18" in overall length.
- 2.3.6. Any throwing style may be used as long as the rules are followed and the style is deemed safe by the judge.
- 2.3.7. The backline will be drawn 9'-0" from the trig.

2.4. **Hammer Throw (Heavy & Light)**

- 2.4.1. The total weight minimums will be at least as defined per weight table (See table X for Class specific weights).
- 2.4.2. The hammer head shall be made of metal, and the shaft shall be of wood, rattan, bamboo, or plastic (PVC pipe is sometimes used for increased durability).
- 2.4.3. The length of the hammer shall be no longer than 50" in overall length.
- 2.4.4. The hammer will be thrown with the feet in a fixed position and the thrower facing away from the trig and the throwing area.
- 2.4.5. There is no approach allowed in the hammer throw. The competitor may move his feet after the hammer is released.
- 2.4.6. No back line is drawn for the Hammer Throw, and sidelines are normally not drawn either. All fouls besides the backline foul still apply.

- 2.4.7. The thrower may begin the attempt with the hammer ahead of the trig.

3. Height Events

3.1. General Rules for Height Events

- 3.1.1. Each competitor will be allowed up to three attempts at each height.
- 3.1.2. Each competitor may enter the event at any height in the competition.
- 3.1.3. A competitor may pass any height they choose (including passing after the previous height has been made), but each height attempted must be cleared before attempting the next height. If a competitor has passed a height, it is not considered a miss or a make and will not count for or against the competitor.
- 3.1.4. When a competitor has missed three attempts at one height then he will be eliminated from the competition.
- 3.1.5. A competitor may make a pass on individual attempts at a given height, but it will count as a miss.
- 3.1.6. All measurements will be made from the ground to the top of the crossbar at the center of the crossbar.
- 3.1.7. The starting height will be agreed upon by the competitors and the judge with the judge having the final decision.
- 3.1.8. The bar should be raised by larger increments (one-foot increments in the WOB and two-to-three-foot increments in the Sheaf) until most of the competitors are eliminated and then raised by a lesser amount requested by the competitors and agreed to by the judge.
- 3.1.9. The crossbar may be suspended at both ends by pulleys and rope. If the bar is not a knockoff bar, the weight only needs to go over the bar within the uprights. If the crossbar is suspended by resting on pegs ("touch-bar"), then the toss will not be counted if the crossbar is knocked off either peg. The crossbar will remain on the pegs after an attempt until the competitor leaves the throwing area (determined by the judge's discretion).
- 3.1.10. The distance between uprights should be 12' for the sheaf and 9' for the WOB. The length of the crossbar for each event shall be enough to allow for sufficient overlap (10' for WOB, 13' for Sheaf).
- 3.1.11. The implement will go over the crossbar within the inside of the uprights or the inside of the upright and the end of the bar if only one upright is used.
- 3.1.12. The implement may touch the crossbar as it goes over.
- 3.1.13. Ties will be broken by comparing the number of misses at the last height cleared. The competitor with the least number of misses at that height will place highest. If

the number of misses are equal, then the next highest height is then compared and the competitor with the least number of misses at that height will place highest. If other ties occur, then this process is repeated for each previous height until all places are determined.

- 3.1.14. If the number of competitors requires a starting height that any competitor can't achieve, the judge may estimate at what height the bar would have been for a successful attempt based on when the weight crossed directly under the bar. This is only done at the opening height. (This is so the competitor doesn't score zero points for an almost successful attempt at the opening height in a decathlon scoring method.)

3.2. Sheaf Toss

- 3.2.1. See table X for Class specific Sheaf weights.
- 3.2.2. The sheaf will be a burlap or plastic bag filled with a suitable material such as straw, mulch, or rope. The sheaf will be thrown over a crossbar for height with a pitchfork.
- 3.2.3. The toss shall be made in any manner deemed safe.
- 3.2.4. Competitor must use a pitchfork with at least two tines.

3.3. Weight for Height

- 3.3.1. See table X for Class specific weights.
- 3.3.2. The weight will be thrown with one hand only.
- 3.3.3. The weight shall be made of metal but can be of various shapes and sizes including spherical, bullet or box shaped.
- 3.3.4. The handle can either be attached directly to the weight or attached with a length chain. The handle may also be of various shapes and thickness such as a ring, triangle or "D" shaped.
- 3.3.5. The implement shall not measure more than 18" in overall length but a weight shorter than this is normally used when thrown for height to avoid hitting the ground when swung between the legs.
- 3.3.6. Any throwing style may be used as long as the rules are followed and the style is deemed safe by the judge.

4. Caber Toss Event

- 4.1.** There is no standard size or weight of a caber, but the caber should be of a length and weight such that about half of the remaining competitors can turn it.
- 4.2.** Each competitor may be allowed to throw up to three cabers.
- 4.3.** The caber shall be placed upright for the competitor, with the heavy/larger/fatter end on top.
- 4.4.** The attempt begins when the competitor lifts the caber from the ground. If the competitor drops the small end of the caber back to the ground after having picked it up, this shall count as one attempt.
- 4.5.** It is recommended that a back judge and a side judge be used for the thrower's first caber only.
- 4.6.** The AD and/or judge may set boundaries if they feel the ground in a certain area is not suitable for the caber to be tossed or to provide safety for the spectators (i.e. the Dodge line).
- 4.7.** The competitor may take any length of run they wish and may toss the caber from where they choose, as long as it is within the judge's boundaries.
- 4.8.** The caber must pass through the vertical position (90 degrees from the ground in both directions) in order to count as a turned caber. It is up to either judge to determine if the caber has passed through vertical.
- 4.9.** The "clock face method" of judging shall be used (see figures 2 and 3).
- 4.10.** The caber, in a perfect toss, will pass through the vertical position and land with the small end pointing directly at 12 o'clock away from the competitor in an imaginary straight line extending from the center of the competitor at the time of the throw (when the caber leaves the throwers hands) through the initial landing point.
- 4.11.** At the time of the throw, the caber must be under control, as determined by the judge.
- 4.12.** The caber shall be judged on its landing position, not the position to which it may bounce or roll.
- 4.13.** If the first caber is not turned by the competitor, then it is the responsibility of the side judge (if available) to determine the angle at which the caber was tossed with respect to the 90-degree vertical.
- 4.14.** The side judge should be perpendicular to the competitor's direction of movement in order to make an accurate call.
- 4.15.** Side judging is only done on the first caber. Other cabers only score if they are turned.

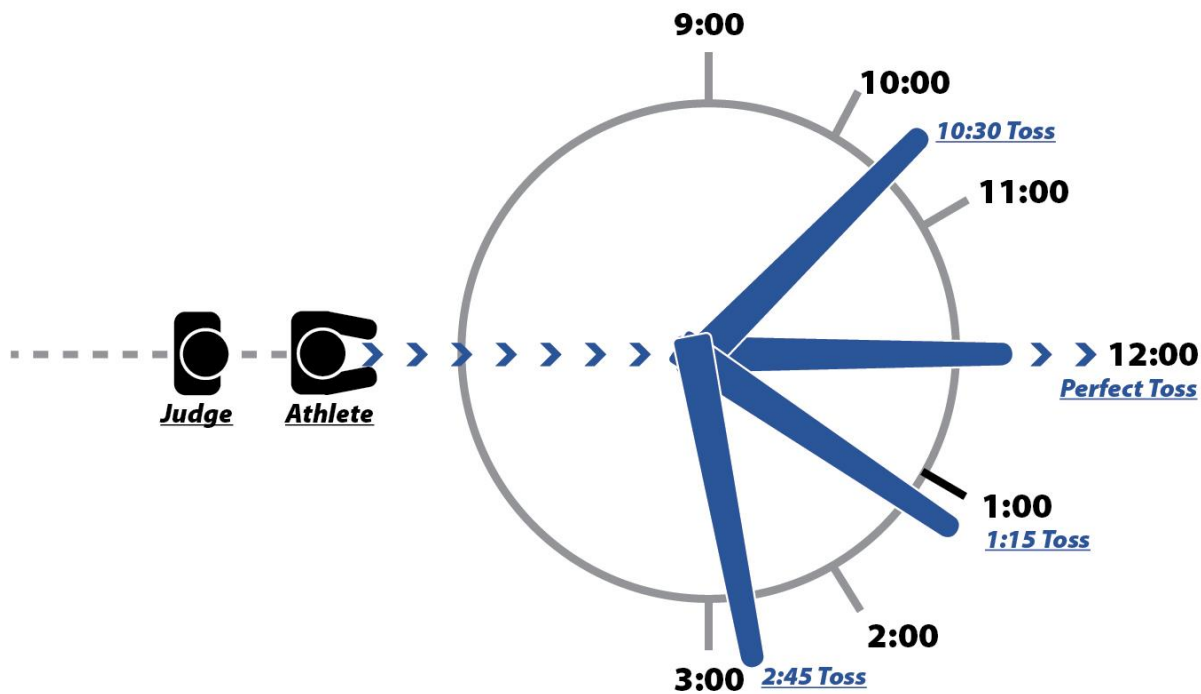


Figure 2. Caber Judging, Top View

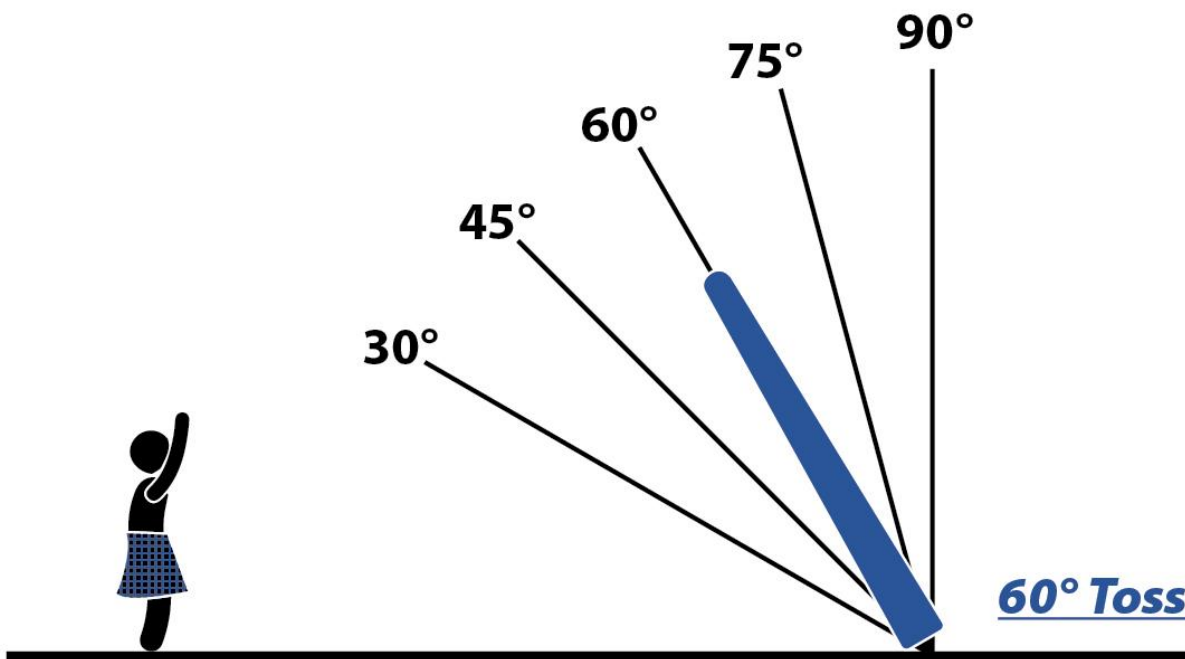


Figure 3. Caber Judging, Side View

5. Scoring for the Decathlon System

5.1. Introduction: The Scottish Heavy events and the decathlon values (Points per foot) that are associated with them are listed in Table X. The decathlon values will vary with the weight of the implement. Women's points are typically twice the value of men's points for the same implement or inversely, women's points will be the same as men's points for an implement half the weight.

5.2. Measuring Distance & Height Events:

- 5.2.1. To convert the distances to scores it is best to score them in feet & decimals of feet (instead of feet & inches). For example: 12.08' instead of 12'-1"
- 5.2.2. For the distance events, RMSA highly recommends the use of "Engineers" tapes that are marked in feet & decimals of feet. Many tapes have feet & decimals of feet on one side and feet & inches on the other side. This makes it much easier to perform the calculations or enter into a computer for the calculations.
- 5.2.3. For the height events, either kind of tape will work since we generally have the bar set at even feet or half foot increments.

5.3. Estimating Opening Height for Sheaf & WOB

- 5.3.1. To recognize that "no heighting" on a height event could severely affect a competitor's overall score, on the opening height only, the judge will estimate (side judge) the approximate height achieved as the weight crosses the vertical plane under the crossbar for a missed attempt.
- 5.3.2. If a competitor passes the opening height and then misses all three attempts at a higher height when they choose to come into the competition, then there is no side judging and the competitor would get zero points for the event.

5.4. Caber

- 5.4.1. Caber Value (Women)= Weight X Length X Taper Factor
- 5.4.2. Caber Value (men) = Women Caber Value
- 5.4.3. Taper Factor = Taper Dimension A / Taper Dimension

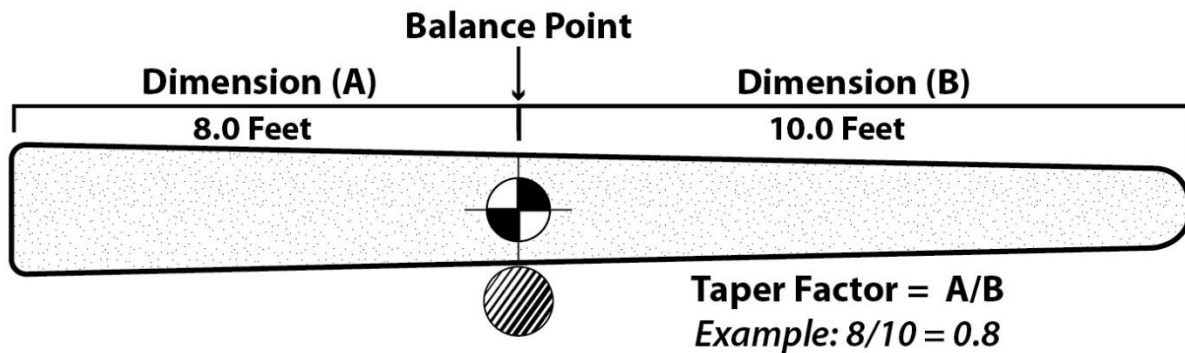


Figure 4. Caber Value

5.4.4. Caber Scoring

- 5.4.4.1. A 12:00 throw awards the competitor full points which is the caber value.
- 5.4.4.2. Every minute of a turned Caber before or past 12:00 is a 0.6 point deduction from the caber value. The maximum points deducted for 3 hours would be 108.

If the Caber does not turn and a score in degrees is awarded, use the following formula: $(\text{Caber value} - 108) * (\text{degrees} / 90)$

Example: If the above caber is scored as a 60-degree attempt by the side judge, then the score would be as follows: $(554-108) * (60/90) = 297$ points

5.5. Scoring Program

- 5.5.1. The RMSA has the scoring program available as an Excel spreadsheet incorporating both the decathlon scoring AND the 1-2-3-4-5-6 (Golf).... scoring system

6. Implement Weight Tables

6.1. Stones

6.1.1. Braemar

Class	Weight (lbs.)	Points/Foot (men)	Points/Foot (Women)
Women Master 65+	9		18
Women Pro, Am, LW, Master	11*		22
Men Master 65+	16	16	
Men Pro, Am, LW, Master	22**	22	

6.1.2. Open Stone

Class	Weight (lbs.)	Points/Foot (men)	Points/Foot (Women)
Women Master 65+	8		16
Women Pro, Am, LW, Master	9*		18
Men Master 65+	12	12	
Men Pro, Am, LW, Master	16**	16	

6.2. Weights for Distance

6.2.1. Heavy

Class	Weight (lbs.)	Points/Foot (men)	Points/Foot (Women)
Women Master 65+	14		12
Women LW and Master	21*		18
Women Pro and Amateur	28*		24
Men Master 65+	35	15	
Men LW and Master	42**	18	
Men Pro and Amateur	56**	24	

6.2.2. Light

Class	Weight (lbs.)	Points/Foot (men)	Points/Foot (Women)
Women Master 65+	9?		8
Women Pro, Am, LW, Master	14*		12
Men Master 65+	21	9	
Men Pro, Am, LW, Master	28**	12	

6.2.3. All weights listed are totals and are to include chain, handle, clevis, carabiners, etc. used to create the weight for distance implement.

6.3. Hammers

6.3.1. Heavy

Class	Weight (lbs.)	Points/Foot (men)	Points/Foot (Women)
Women Master 65+	12		8.23
Women Pro, Am, LW, Master	16*		10.00
Men Master 65+	16	6.67	
Men Pro, Am, LW, Master	22**	8.23	

6.3.2. Light

Class	Weight (lbs.)	Points/Foot (men)	Points/Foot (Women)
Women Master 65+	9		6.67
Women Pro, Am, LW, Master	12*		8.23
Men Master 65+	12	5.50	
Men Pro, Am, LW, Master	16**	6.67	

6.3.3. All weights listed are totals and are to include hammer and handle.

6.4. Sheaf

Class	Weight (lbs.)	Points/Foot (men)	Points/Foot (Women)
Women	10*		32
Men Master 65+	10	22	
Men LW and Master	16**	27	
Men Pro and Amateur	20**	32	

6.5. Weight for Height

Class	Weight (lbs.)	Points/Foot (men)	Points/Foot (Women)
Women Master 65+	14		30
Women LW and Master	21*		45
Women Pro and Amateur	28*		60
Men Master 65+	35	35	
Men LW and Master	42**	45	
Men Pro and Amateur	60**	60	

6.6. for all weight tables in section 6:

* minimum weight for female class records

** minimum weight for male class records